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Vol. 11 No. 4

RECOMMENDED BY DR. DIRT

1998 MMBA CHAMPIONSHIP POINT SERIES*

4-19-98 DEEP LAKE TRAIL BENEFIT

Yankee Springs Recreation Area /
Tailwind Enterprises (248)634-6178
FEE: \$20 by 4-13 / Day of \$25 REG: 8:00-9:30am
START: 10:00am KIDS RACE: \$5.00 / 12:00pm

5-03-98 FORT CUSTER STAMPEDE

Augusta, MI / Mike Needham (616)731-4078
FEE: \$20 by 4-27 / Day of \$25 REG: 8:00am to 1/2 hr
before start START: Exp 10am / Sport 1:00pm /
Beg 3:30 pm KIDS RACE: \$5/ 2:00pm

5-17-98 ADDISON OAKS

Leonard /Addison Oaks County Park (810)858-4647
FEE: \$20 by 5-11 / Day of \$25 REG: 9:00am to 1/2 hr
before start START: Beg 11:00am; Exp/Sport 1:30pm
KIDS RACE: 10:00am

6-07-98 OWASIPPI

Owasippi Boy Scout Camp / North of Muskegon /
Piranha Productions (248)623-6754 FEE: \$20 by 6-01/
Day of \$25 REG: 8:00am to 1/2 hr before start START:
Exp 10am / Sport 12:30pm / Beg 2:45pm KIDS RACE:
\$5/ 2:00pm

6-14-98 PONTIAC LAKE CROSS COUNTRY

Waterford / Tailwind Enterprises (248)634-6178 FEE:
\$20 by 6-8 / Day of \$25 REG: 8:00 to 1/2 hr before start
START: Exp 10am; Sport 12:30; Beg 2:45 KIDS RACE:
\$5.00 / 12:00pm

6-21-98 KEWEENAW CHAIN DRIVE

Promoter Houghton/Hancock Chamber of Commerce
Timing Fun Promotions (616) 453-4245
FEE: \$20 by 6-15 / Day of \$25 REG: 9:00-10:30 START:
11:00am KIDS RACE:

7-12-98 BLOOMER

Rochester Hills / Tailwind Enterprises (248)634-6178
FEE: \$20 by 7-6 / Day of \$25 REG: 8:00 to 1/2 hr before
start START: Exp 10am; Sport 12:30; Beg 2:45 KIDS
RACE: \$5.00 / 2:30pm

7-26-98 PONTIAC LAKE TIME TRIAL

Pontiac / Tailwind Enterprises (248)634-6178
FEE: \$20 by 7-21 / Day of \$25 REG: 8:00-9:30am
START: 10:00am KIDS RACE: \$5.00 / After last adult

8-9-98 RUBY

Port Huron /Tailwind Enterprises (248)634-6178 FEE:
\$20 by 8-03 / Day of \$25 REG: 8:00 to 1/2 hr before start
START: Exp 10am; Sport 12:30; Beg 2:45
KIDS RACE: \$5.00 / 2:30pm

8-16-98 BIG M / BIG M SKI AREA

Manistee / Piranha Productions (248)623-6754
FEE: \$20 by 8-10 / Day of \$25 REG: 8:00am to 1/2 hr
before start START: Exp 10am / Sport 12:30pm / Beg
2:45pm KIDS RACE: \$5/ 2:00pm

9-06-98 OWASIPPI

Owasippi Boy Scout Camp / North Muskegon / Piranha
Productions (248)623-6754 FEE: \$20 by 8-31/ Day of
\$25 REG: 8:00am to 1/2 hr before start START: Exp
10am / Sport 12:30pm / Beg 2:45pm
KIDS RACE: \$5/ 2:00pm

9-20-98 ADDISON OAKS

Leonard /Addison Oaks County Park (810)858-4647
FEE: \$20 by 9-14 / Day of \$25 REG: 9:00am to 1/2 hr
before start START: Beg 11:00am; Exp/Sport 1:30pm
KIDS RACE: 10:00am

9-27-98 FORT CUSTER

Augusta, MI /Mike Needham (616)731-4078
FEE: \$20 by 9-21 / Day of \$25 REG: 8:00am to 1/2 hr
before start START: Exp 10am / Sport 12:30pm / Beg
2:45pm KIDS RACE: \$5/ 2:00pm

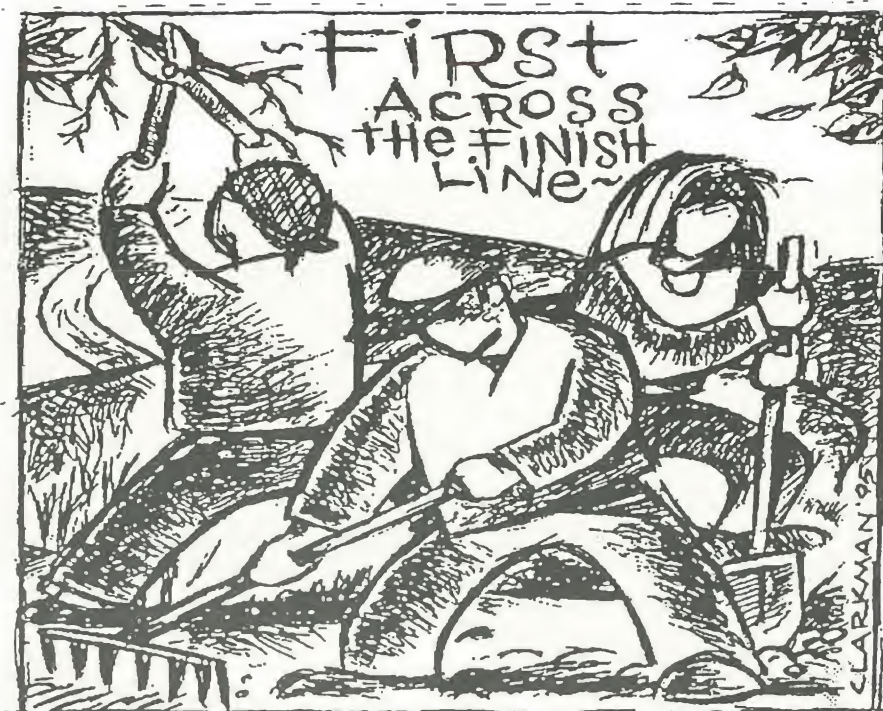
10-18-98 GARLAND HAMMER

Lewiston /Garland Resort / Larry Kinny (517) 732-6711
FEE: \$20 by 10-11 / \$25 Day of REG: 8:00am to 1/2 hr.
before start START: TBA KIDS RACE: \$5/TBA

10-25-98 CANNONBURG CHALLENGE

Cannonburg Ski Area / Grand Rapids / Fun Promotions
(616)453-4245 FEE: \$20 by 10-19 / Day of \$25 REG:
8:00 to 1/2 hr before start START: Exp 10am / Sport
12:30pm / Beg 2:45 KIDS RACE: \$5 / 2:00pm

*Always check with promotor for information,
current start times, race applications and date of
events. See MMBA Championship Points Series
Rules for eligibility. You do not have to be an
MMBA member to ride in any of the races listed,
but it is highly recommended. However, mem-
bership/race fee is required to be tabulated in the
points series.



1997 Volunteers of the Year

This is the MMBA's second year of the First Across the Finish Line Awards (FAFLA). Last year was a phenomenal success, with nearly 5,000 hours of trail development and care of Michigan's public trails. The FAFLA was made possible last year and this year by an anonymous contribution to the MMBA of \$10,000. Awards are being given to exceptional trail volunteers. Last year (97) volunteers who logged 10 hours of trail-related work were recognized at the 1998 MMBA Annual meeting and given a way-cool riding vest, supplied by Armadillo Mountain Bike Gear (810.547.0490). Armadillo secured a fantastic deal so that the MMBA could reward the volunteers with the styling vest. **Thank you Armadillo.** The MMBA is looking to repeat the success of 97 in 1998.

But there is more!

"...1997...was a phenomenal success, with nearly 5,000 hours of trail development and care of Michigan's public trails.

Chapter volunteer of the year winners also got a free weekend mountain biking adventure at Searchmont Resort in Canada! Yes, chapter volunteer of the year winners will be riding the "mountains of the Midwest" over Memorial Day. The emphasis will be on riding, food and fun. Is there anything else? **Thank you Searchmont.** If you'd like to get in on the adventure in the north country you can do so by calling 1.800.663.Algoma. Chapter volunteers also got a really cool Trophy, thanks to Trek and the Chicago Area Bike Dealers Association (CABDA).

In the past, trail volunteers have so often gone unrecognized and unrewarded for their effort to make mountain biking possible for all of us recreational riders and racers alike. This all changed in 1997. If you want to get involved just contact your local chapter president or review the information you received in your MMBA membership packet when you joined or renewed this year. Or, call the MMBA at 616.785.0120 for more info.

Make plans to volunteer in 1998 today!



Just some of the many MMBA volunteers who received a cool MMBA vest courtesy of the anonymous donor and Armadillo Mountain Biking Gear!



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Christina - As always thank you

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Santana's Greatest Hits

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**"That which hinders your task is
your task." Sanford Meisner**

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About 50 riders joined John Stamstad for the MMBA Annual Special Guest Ride!



The 1998 Annual Special Guest Ride was hosted by John Stamstad a world renowned ultra-endurance athlete. Though John has ridden in weather that most of us would use as an excuse to sit on our bottoms in front of the tube, the ride on Sunday Feb. 1, 1998 sunny, and a warm 30 or so degrees. In the past several years, rides have been greeted with subzero wind-chills and snow...go figure.

John (31 yrs.old from Cincinnati, OH) shared with those at the 98 annual meeting his various achievements which include:

**1997: 1st Iditasport Extreme/1st 24 Hours of Canaan
/1st 24 Hours of Adrenaline**

1st Iditasport 1993 (course Record), 94, 95, 96/1st Leadville Trail 100 1994

1st Wilderness 101 1993/1st Montezuma's Revenge 1991 (Course Record)

1st 24 Hours of Canaan 1996/1st Montezuma's Revenge 1995 (Course

Record)/1st 24 Hours of Adrenaline 1995 (Course Record) For More on the

1998 MMBA Annual Meeting see pg. 31)

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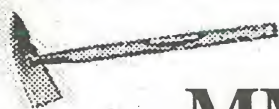
The Bent Rim Bugle (BRB) is published 4 times a year (quarterly) Spring, Summer, Fall and Winter. The BRB is the source for news and information for the Michigan Mountain Biking Association (MMBA). Articles come from MMBA members, MMBA Chapter Presidents, the Michigan Department of Natural Resources and other sources. The focus of the BRB is on what is of interest to MMBA members as well as education on environmental issues, land access, mountain biking events, rides, competition, fun and other activities and information related to the mountain biking.

Editorial contributions and photos are welcomed, but cannot be returned unless accompanied by proper postage. Send contributions to: **MMBA/BRB P.O. Box 29, Belmont MI 49306**. The BRB also can provide classified ads to MMBA members for free and advertising space to shops and manufacturers. **For deadlines and rates contact the address above or call, (616) 785-0120 or AOL E-Mail: gommmba@aol.com. (Net: gommmba@aol.com) MMBA Web site: http://www.mmmba.org.**

Opinions expressed are not necessarily those of the MMBA, Publisher, and/or MMBA members, Dealers, or Sponsors. In other words, lighten-up it's mountain biking not world hunger... Copyright, March/April. 1998, all rights reserved...including but not limit to all etc./and don't forget to read the label before washing!

MMBA Responsibility Code

1. Always yield the right of way to other trail users.
2. Slow down and pass with care (or stop).
3. Control your speed at all times.
4. Stay on designated trails.
5. Don't disturb wildlife or livestock.
6. Pack out litter.
7. Respect public and private property.
8. Know local rules.
9. Plan ahead.
10. Avoid riding in large groups.
11. Minimize impact.
12. Report incidents of trail impasse to local park authorities.



Interview: Doni Fall

MMBA Volunteer of the Year



Doni Fall was chosen by the MMBA board as the 1997 Volunteer of the Year. An honor that, is appreciated greatly, however it is not a laurel on which one who receives it rests. Trying to organize a meeting with Doni for this interview left me at my wits end until it dawned on me, "where else could I corner some one who wins such an award?" Of course, she is working on the MMBA handbook, a new MMBA publication which will accompany all memberships for 1998.

BRB: How did you become involved with the MMBA?

DF: I called the prez of the SE Chapter and went to one of their meetings. The meeting had great enthusiasm, but they seemed to have no guidance. I asked about how they communicated with their members, and they said they really had no outlet. Instantly, I became the editor of the SE Chapter *Local Dirt*, and our focus became membership growth.

Yeah, that was my dad's first race...They have an awful lot of drive for a couple of old guys...

BRB: Any idea of how many new members you have captured, I know that you got me?

DF: The SE membership has grown about 30% in just 11/2 years. We have reached new members through the newsletter, tri folds, events, and our annual

meeting which is held at the Berkley Front (we lure them in with beer.)

BRB: I know that you were involved with developing the First Across the Finish Line program, could you explain how that came about?

DF: Bob Yankus dragged me to a state meeting where they first discussed the idea. We car pooled to that meeting, and by the time we got back to Detroit, Todd Scott, Bob, and I were the committee. Without Bob, the big Searchmont prizes never would have happened. (All chapter volunteers of the year got free trips to Searchmont) Bob has been my biggest supporter within the MMBA.

BRB: What are you working on for 1998?

DF: This year is the first year we will ever have a membership handbook. Also, I am working on a sponsorship package that will help show outside organizations what we do and how they / their sponsorship dollars can benefit from our presence. On the chapter level, I'll continue with the Local Dirt, I'm working on the weather for the Back Road Boogie, and we are hoping to bring the SE Chapter membership above 350.

BRB: Why do you do all of this?

DF: I kind of like it.

BRB: How so?

DF: I have always been involved with volunteer work, I think that everyone who can be, should be involved with something. This organization combines my philanthropic goals with some thing that

I really enjoy.

BRB: What sort of career allows you to devote so much time to this?

DF: I'm the executive vice president of investments for an small asset company with about 300 million in holdings throughout the country.

BRB: What other sort of hobbies / interests do have?

DF: I've had a landscape design company for several years. Recently, I partnered with two other artists in a custom tile venture. I just got a new sea kayak, so I'm looking forward to that this summer.

BRB: Not to take the spotlight off of you, but didn't I see your dad at the Ice Man this year?

DF: Yeah. That was my dad's first race. He and his buddy Phil Boucher are going to race for the team that I manage this year. I recently went snowshoeing with them on the North Country Trail. They have an awful lot of drive for a couple of old guys. (Don Fall and Phil Boucher are members of the Northern Chapter.)

BRB: Anything that you would like to add?

DF: Yeah, I would like to thank a few people who have been super supportive since I joined: the whole SE Chapter board, especially Bob Yankus, the State Board, especially Dwain who backs me up with every step I take, Armadillo and Searchmont for the swingin' deals on the FAFL prizes, the Monday night ride, Metro Bikes and Cycleworks.



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FOR MMBA MEMBERS

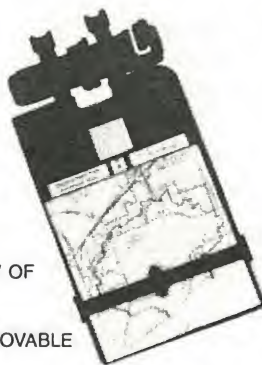
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ROCKY MOUNTAIN RIDING

(an excerpt)

by Dan Lakatos

A look back to a season before El Nino.

My poor Stump Jumper that I won at the Ice Man two years ago was nothing more than a dust collector for nearly five months. A storm that dumped 18 inches of snow on May 1 pushed back my riding plans even further. Perhaps Old Man Winter was doing such a good job here in Montana, Spring decided to take the year off. However, one day in late June I woke up and realized that winter was over and summer had arrived. Finally, I was able to ride and explore all the fabled trails without being turned back by a barricading snow-pack.

...one day in late June I woke up and winter was over...

Riding out west is a wee bit different from riding around the Great Lakes. For starters, one has to learn to like climbing...or love descending so much that they are willing to climb for an hour or more to receive five minutes of downhill. Another notable difference is the riding surface. Many of the trails in Michigan are sandy. After a major rain there's not much mud and often times the trail is faster because the rain seems to pack loose sections. In the Rockies, trails are a combination of boulders, rock, dirt and red clay. A quick afternoon rain storm can turn a fast, hard packed riding surface into an instant slippery mix of razor sharp rock, mud, and muck. The most important difference to recognize is that while riding in a high alpine environment, the pucker factor is multiplied. One wrong move can send an individual off a 400 foot cliff landing them in a wheel chair or an untimely grave.

Never once while riding in Michigan did I say to myself, "If I don't make this switchback I am going to die." Even if you survive all the technical sections without a scratch, you still have to worry about getting hoofed, trampled, mauled or eaten by the abundant wildlife. Local outfitters recommend the use of bear repellent for anybody who ventures into the back country. So far this year, several people have had serious run-ins with bears and bison in nearby Yellowstone National Park. Prior to this summer, the biggest things that I have ever encountered while riding have been happy little Michigan white tails.

Dan has been reading the MMBA e-mails about our mild winter and February trail maintenance days and thought that this excerpt would remind us of how lucky we have been this winter. (Sorry to the snow lovers)

Dan Lakatos, originally from Shelby Twp., MI, lives in Bozeman, Montana where he writes about his skiing and riding experiences. We hope to feature articles from Dan in upcoming issues. If you have any extraordinary riding stories you would like to share, please submit them to BRB Stories, 3015 W. 12 Mile Rd., Berkley, MI 48072.



I Read, Therefore, I Am:

I lugged the remaining bundles of **U.P. Mountain Biking** and **Active Magazine**, that have been laying around my shop, to the MMBA Annual Meeting swap meet in an effort to get them off my counter and into the right hands. Everyone likes to get something for nothing, and these publications are both, "Free to good home" rags. Usually a "free" publication makes it to the trash before I get to page 2, and in reality you get nothing for nothing. But, in two hours the 150 or so copies were gone and I had people asking for more.

U.P. Mountain Biking provides trail locations and maps, human interest, as well as lodging and eats recommendations. All around good info, so good, that it's in my places to go file. The follow-up issue "is on its way," says publisher Dave Ollila. Last years response was so successful that they are bumping up there distribution to 20,000. Look for it soon in your local bike shop.

Active focuses on the Midwest adventure lifestyle. Offering articles from ice climbing and snowshoeing to mountain biking and kayaking. "Staples" include music reviews, and activist columns. Dave (supreme U.P. mountain bike god) likes to highlight not only the activities but the people who excel at them, and those who have chosen the active lifestyle; watch out you might find your face in between these very excellent pages. 50,000 copies of **Active** are distributed throughout the midwest (WI, MN, Chicago, and Michigan) quarterly to outfitters, bike shops, places where active people might be found.

These rags are published by Agile out of the U.P. Subscriptions are available for \$8.00 **Active** or **U.P. Mountain Biking**: P.O. Box 607, Marquette, MI 49855 or activemag@aol.com.

Grindo's Grime

Getting Your Bike Ready For Spring With Grindo!
(Alternate Title: Welcome to My Hell)

Hola! I know you don't want to read this due to the fact that there's work involved, but bear with me, as a true cyclist can find a little fun in anything...

Step one: Locate your bike. I still can't find mine. I lost it in the mud at Island Lake.

Step two: Did some punk kid write "Wash Me!" on your scooter? Maybe you had better listen to him. A plain garden hose will do just fine, or you can indulge in the high power devastation of your local coin operated car wash. (Please don't aim the nozzle directly at any of your bearing areas, i.e. your headset, hubs, bottom bracket,, etc.) Rinse away all accumulated scum, and hand dry with a clean towel. If you have proper tools, it would help to remove the chain, derailleurs, rear cassette cog, and soak them in degreaser at this time.

Did some punk kid write "Wash Me!" on your scooter?

Step three: Look how shiny it is! Bask in this glow now, for if you are racing at Addison Oaks this spring, you will have to repeat steps one and two.

Step four: Finish cleaning any bits you had removed previously and reinstall them at this time. Make sure to inspect them for wear before you put them on. Inspect

your clean frame for dings or cracks from the previous season. One of our Armadillo / Cycleworks riders has broken two titanium frames in the last two years(Hi Jay!) and he is very lucky to have this discipline to inspect his frame regularly. Don't skip this step. Please?



Step five: If you do your own work, proceed with this article. If you don't, this is where you take your ride to the shop for a tune up. Even if you think it's fine, you would be surprised at the amount of extra performance a good shop can extract from your machine. In my fifteen-plus years of wrenching on bicycles, I can honestly say I have never had a customer complain that their bike feels worse or the same. Always better. A good bike shop will always make it better.

Step six: If you're not going to listen to me about the shop thing, here's what's next...Support your bike in the air, either with a repair stand, a rope, the aid of your mother-in-law, whatever. Spin your wheels and listen for noise of any kind. Check them also for trueness by sighting the gap between the rim and the brake pads. Squeeze your brakes HARD.

No slippage of cables should occur. Are they loose feeling? Run through the gears. Are your index points hitting perfectly? Are your cables frayed? Shake all of your bearings side to side. Are they clunky? Have your mother-in-law drop the bike gently. Any funny noises? I hope you inspected the chain and cogs when you cleaned them earlier. Also, run the chain backwards while looking closely at the rear derailleur pulleys. Any stiff links? Check your tire pressure, tires worn? Did you lube your chain with something other than motor oil?(Please DO NOT use motor oil!!!) Visually inspect once more.

Step seven: Fix all the crap that was suspect or busted, or recant on your anti-bike shop pledge and see a reputable technician like me! (There are also a LOT of other great mechanics out there if you like, hate me or something.)

Did you lube your chain with something other than motor oil?

Step eight: Take a test ride. Hopefully you will be amazed. If you're not I'm sorry I wasted your time.

Grindo can be found wrenching bikes at Cycleworks in Royal Oak, 248.549.1427.

Please mail any questions that you might have for Grindo to: Grindo, 3015 W. 12 Mile Rd., Berkley, MI 48072

From the Points Series' Office! Some Interesting Stuff...

Biking Association
Championship
Points Series. You
should have

Just off the Net:

Cecilia Potts Signs With Trek!

Waterloo, Wisc. — The Trek Volkswagen Mountain Bike Team has added a rising star to its 1998 roster, Junior Cross-Country World Champion Cecilia Potts. The 18-year-old from Grand Haven, Michigan has already compiled some serious wins in her short career. Laying claim to the title of best female junior in the U.S., Potts has won the Junior National Cross-Country Championship the past two years.

She has fared just as well against the best junior riders in the world, taking a bronze in the World Mountain Bike Championships at the young age of 15 and coming back this year to win the coveted rainbow jersey. For her accomplishments in 1997, Potts was named Female Junior Racer of the Year by VeloNews.

"I am thrilled about riding for Trek this season," said Potts. "Hopefully I can do well again this year." Potts' development will be gradual, alternating between racing as an elite expert and pro in the NORBA series and competing as a junior in the Grundig World Cup.

"Because Cecilia would like to continue her education, a portion of her salary is going directly into her college fund," said Team Manager, Tove Jensen. "Trek is also planning her race dates so that they do not interfere with her school schedule."

(Todd Scott/Lucky Fish Software/
bikerboy@mich.com)

To: BRB

My wife and I had the pleasure of hosting Ned Overend as an overnight guest after his 8th place finish in the VASA. Ned has no plans to make a second career out of skiing, he simply enjoys the sport, the low profile and racing new trails. Sunday morning we were back on the VASA trail to wind down after the race. Ned told me to "set the pace", which has to be the ultimate fantasy camp. He was intrigued by the VASA terrain and plans to return to ride the singletrack. Ned is a class act...he even makes his bed. Signed: ERA Traverse City

Check The MMBA Championship Rules for 1998

Make sure you check the rules
for the 1998 Michigan Mountain

received a copy
when you joined
the MMBA or renewed. They
were included with your member-
ship packet. You can also find a
copy of the rules at our web site
at www.mmba.org. Or if you need
more information call:
616.785.0120.

Remember your MMBA
Championship Points Series
points do not count until you
become a member of the MMBA
and pay your points tabulation fee
for 1998. If you joined at the end
of last year (Oct. Nov. etc.) or
early this year (Jan. Feb. etc.)
you'll still need to pay your
tabulation fee before your points
can be tabulated. No exceptions.
So as you spring into training
make sure you spring for the
points series so that all your hard
work riding and racing pays off.



1997 Jr. World Mountain Bike Champion Cecilia Potts and 1996 World Challenge Winner/1997 Grand Master Champion Art Fleming received special "Exalted Racers" honors at the 1998 MMBA Annual meeting in front of 350+ fellow enthusiasts.



Adopt-a-Road
Contact - Jeff
Feldmeyer

The 1998 season
calendar is done.
Highlights to
remember (call the
number listed

above for more information:

May 3 - Adopt-a-Road Cleanup
May 16 - Fourth Annual St. Jude
Bike-a-thon

June 6 - National Trails Day

July (tba) - Balloonfest

July (tba) - Adopt-a-Road Cleanup
Sept. 12 - FIFTH ANNUAL
CARRY NATION BACK ROAD
BIKE TOUR

Oct. 11 - Fall Color Cider Ride

Updates and event info will be
available in the chapter newslet-
ters. Just a reminder to you the
chapter membership - it's our
responsibility to help and to
educate the riders at Holdridge
Lakes. Don't trespass onto private
property. Please respect the land
we ride! Have a great riding
season. See you at Holdridge
Lakes!!!

Potawatomi Chapter

Ann Arbor

Mountain Bike Trail
(See map on pg. 13!)

As mentioned in the past issue
of the BRB, Norm Roller of the
MMBA headed a project to
develop a small trail system in the
newly acquired Northeast Park in
Ann Arbor. Northeast Park is on
the northeast corner of the inter-
section of Dhu Varren and Pontiac
Trail roads, and is bordered by M-
23/M-14 to the north. The trails
within the park total approxi-
mately 3 miles. For additional
distance, head south on Pontiac

Trail Rd. and you will see a
singletrack heading off to the
right. If you get to Barton Drive,
you've gone too far. The single-
track is in a green corridor that
leads all the way to the intersec-
tion of M14 and Barton Drive.
From here, the wide open hill at
Kuebler Langford Park is worth-
while for a fast descent or climb.
Enjoy!

Brighton Update

On February 28, about 100
volunteer hours were devoted to
expanding the Brighton Recre-
ation Area trail system. Between
0.5 and 1.0 mile of technical
descents and climbs were added to
the already advanced Torn Shirt
Trail, which now totals approxi-
mately 6 miles. We also added
about 2 miles of outbound trail to
the intermediate-level Murray
Lake Trail. On our March 28th
(9:00 AM) repair, we plan to
connect the loop so that we will
have a nice 7+ mile intermediate
loop at Brighton. For directions,
call Brighton Recreation Area at
810-229-6566. To get involved in
work days, send e-mail to
esims~ford.com or call 313-323-
2497.

Triple Trail Challenge

The Poto Chapter will be
holding its Annual Triple Trail
Challenge (TTC) on Sunday, June
21 at 10 AM. Meet in the Silver
Lake Parking Lot at Pinckney
Recreation Area. Rain Date will
be Sunday, June 28. The TTC is
free, non-race, 40 mile off-road
ride that includes the legendary
Potawatomi Trail, the Waterloo/
Pinckney Singletrack, and
Lakelands Rail-to-Trail. It's a
great ride! Look on the Poto
Chapter section of the MMBA
website for more details!

(Continued next pg.)

Holly /Flint Chapter

Congratulations to Paul
Gruber, this year's Chapter
"Volunteer of the Year". For those
of you members who weren't at
this year's 1998 MMBA Annual
meeting, Paul amassed an amaz-
ing 835 volunteer hours for our
chapter. His efforts have been the
reason for the completion of the
15.5 additional miles of single
track at Holdridge Lakes. The new
trail will be called "Gruber's
Grind". Paul, the chapter's bard,
the chapter's members and
Holdridge Lakes sincerely thanks
you!

1998 started out with a few
Board changes. Elections were
held as Kirk Costello stepped
down as chapter president. Kirk's
new roll on the chapter board will
be as the noncompetitive trail
coordinator. Kirk, the chapter
thanks you also for your leader-
ship for the last three and a half
years. Just for the record your new
1998 board is

President - Rick Jerrell

Vice President - Paul Gruber

Treasurer - Mark Shipman

Secretary - Ed Berta

Trail Coordinator - Randy Estes

Competition Coordinator

- Don Jurvelin

Non-Comp. Coordinator

- Kirk Costello

Historian - Jane Hale

Mid-State Chapter

Hey, Spring is finally here. Time to get rolling! As you can see by the schedule the Mid-State chapter has a really busy year this year. Everyone is invited to attend our chapter rides and events. Kids and adults alike will have fun at the events. We always have a great time and the events have great prizes donated by: Sling-shot, Litespeed, Salsa, Denny's Central Park, ZZ Underwater World, Mountain Lift, Specialized, Bontrager...only to name a few. We will also be organizing some trail days at Ionia and Heritage. We will keep you posted through the Tread News newsletter and postcards. Also, if anyone is interested, we will be organizing a trail day on the Falling Water bike trail in Jackson. This is a paved trail that will eventually run from Jackson to Concord (21 miles) and Jackson to Lansing (about 35 miles). Currently, about 1 1/2 miles are complete with another mile or so to be completed this year. A lot of garbage gets dumped along this trail. And as with many trails, volunteers make the difference. So watch the chapter newsletter for updates.

Southwest Chapter

See Events Calendar on pages 2, 22 and 23. Also check web site

"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has..."

Margaret Mead

for more info (www.mmmba.org)

Pontiac Lk. Chapter

The info regarding upcoming events for the MMBA Pontiac Lake Chapter is being distributed via post card to members and in this issue of the BRB. Some of you may remember the trail marker painting that was done at the annual meeting this past Feb., come join in the fun of putting those up along the trail!! Also, we will be putting up a new trailhead trail map (approx 4 ft high by 6 ft wide) and info board that should enhance the visibility of the trail system there and the MMBA's efforts, along with mileage markers. Show up and get some hours towards your 10 hour volunteer goal!!!

A recent post card sent out to Pontiac Lake Chapter members read: The Pontiac Lake Chapter will be "Planting" our new trail markers on Sunday, March 29th. We will meet at the beach trailhead at 9am. We will need a few rachets with 1/2 inch sockets to drive the lag screws.

Starting in April we will have a Chapter ride every Thursday at 6pm. On the Third Thursday of

each month we will set up a tent at the trailhead and have refreshments, info and a meeting after the ride. Women's ride will be the third Monday of the month at 6pm.

Looking forward to seeing some of you who ride @ Pontiac there!!

Check web site for more info — Happy Trails

Michael A. Rosinski VP, Pontiac Lake Chapter, MMBA and Tom Lining (info source mmmba list serve)

Northeast Chapter

See Events Calendar on pages 2, 22 and 23. Also check web site for more info (www.mmmba.org)

Western Chapter

We've just made arrangements to develop 3 -5 miles of sweet singletrack near 68th and Thornapple River just south of Grand Rapids. The terrain has some nice hills and there are also lodging facilities on the premises. The trail could be ready this year

(Continued next pg.)



Mountain bikers hard at work at MMBA 1998 Annual Meeting painting signs for improvements slated for 98 on Pontiac Lake Trail. Pontiac Lake also won the "cool booth" award for 1998!

if we get enough volunteers to help build it.

The owners are very interested in seeing a trail built as soon as possible. This is a private organization and there is no red tape, so as soon as we get a trail marked we can build and start riding. Anyone interested in building this trail please contact me. Like I said, we can get 3-4 miles of good singletrack out there...so call me (Paul) at 616-866-8583. Let's get started!

Other notes:

The Western Chapter of the MMBA has received generous support from area businesses. We would like to thank North Kent Schwinn, Alger Schwinn and Fun Promotions for supplying refreshments after the work was done on work days this past year. Their support is priceless to our volunteers. John Gerritson/Cannondale donated some T-shirts and water bottle cages to be given away. We also had special price consideration from Mr. Dykema (Coit Ave. Gravel) when we purchased crushed concrete for trail improvement, this price break helps our limited funds go much further. Please be sure to express your

thanks to these business supporters whenever possible.

Note from John H. at Yankee Springs:

"I just wanna ride-ride-ride".

New starting time for Yankee Springs work day is 1:00 PM on Sunday, March 29th. Meet at Deep Lake Campground parking lot.

Also, we don't have a sponsor (bike shop or

others) for this to provide food and drink for workers. Let me know if anyone is interested. It's a great way to get some positive exposure for your business. Thanks, John Haffenden - Yankee Springs Trail Coordinator, MMBA jhaff@iserv.net

Northern Chapter

The Northern Chapter is

undeniably proud of the VASA Singletrack that you've all probably ridden this past summer and looking forward to riding this spring. The crew responsible for the reroutes, signs, trail work, and maps includes Trail Chairman, Ed Andres, David

Detroit Free Press/
Rails-To-Trails Conservancy
Presents

MICHIGANDER VII

Mountain Bike Tours

*2-Day - July 18-19 1998

\$58 before May 1st; \$73 after

*6-Day - July 19-24, 1998

\$215 before May 1st; \$250 after

*7-Day - July 18-24, 1998

\$250 before May 1st; \$285 after



For Brochure:

Send self addressed stamped envelope to:

Michigander, Dept. A2
Rails-To-Trails Conservancy
913 W. Holmes, Suite 145
Lansing, MI 48910
Phone: 517-393-6022
e-mail: rtcmi@aol.com

Heim, Bruce Bodjack, John Roe, Mike Goodreau, Doug Scofield, and Mike Schaeffer. All of these people contributed immeasurably to the smooth operation of this trail. We completed an annual report of the trail in early December: we've estimated the use at 11,300 rider/visits, and there were over 120 hours of trail work put in by these folks this summer, and the best news is yet to come! On January 5th Joe Fields of the DNR over there on 14th Street informed me that our request to the DNR for trailhead development funds was approved!!!! Look in early summer for a permanent rustic shady parking area with toilets, a well, and information kiosk. We'll be meeting with their landscape planner before winter is over to finalize the exact location, but it'll be right in the same area on Supply Road.

Another area nearby that saw big happenings is the Big M (about 10 miles East of Manistee off M-55). Now go ahead and say,
(Continued next pg.)

**AN ADVENTURE THAT
WILL TAKE YOUR
BREATH AWAY.**

**AND GIVE IT
TO SOMEONE ELSE.**



**1,000 RIDERS
SIX AND A HALF WEEKS
SEATTLE TO WASHINGTON D.C.
JUNE 15-AUGUST 1, 1998
3,000 MILES**

(800)BIG-RIDE
For A Free, Color Brochure

Produced by Paloma TeenWorks. ©1997 American Lung Association

“well that’s just TOO far”, but I predict that many of us in Traverse City will gladly drive that 60 minutes, once it’s completed. The terrain will be challenging. On another interesting note: I think that rider/visits at the sensitive North Country Trail near Mesick were actually down a bit this year. Guess where they all went ? Can you spell VASA ?

Did you know that NASA and MIR Space Station Astronaut, Jerry Leninger, rode the VASA Singletrack this summer ? In town to speak at Northern Michigan College, one of his re-acclimation therapies was ‘to ride a mountain bike, so when he heard about the trail, he went over to Brickwheels and rented a bike (and a helmet) and rode the Singletrack Loop. Now, if we had only gotten a

photograph!

Next up: For those of you who are wired ... to the Internet, that is. Sometime this winter/spring, there’ll be a “List-Serve” for Traverse City area road and mountain biking, XC skiing, snowshoeing, and running. You’re all invited to join.

This is a group discussion where everyone submits their questions, answers or comments in a regular email post and everyone gets to read everyone else’s comments in their regular email. - editor.

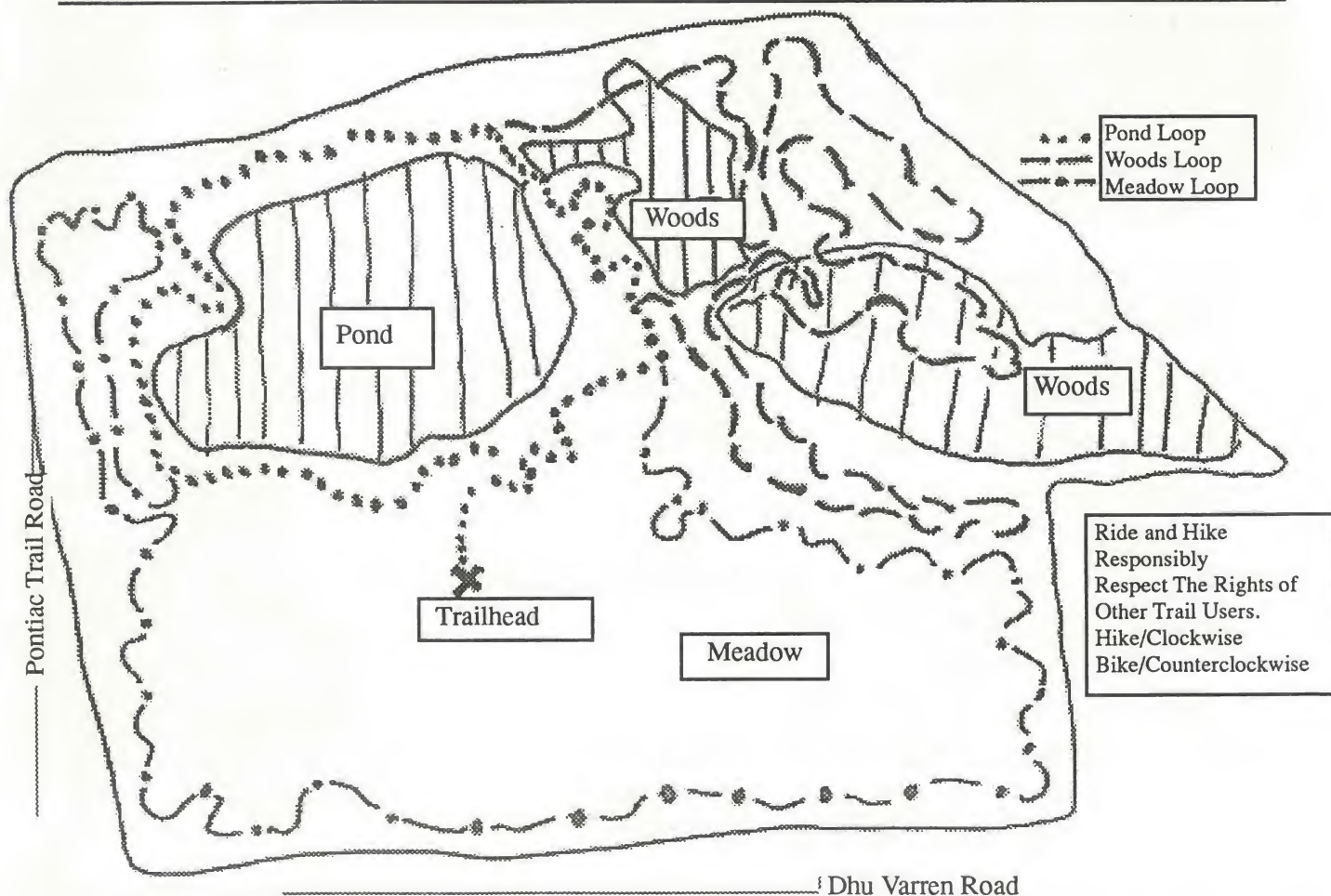
The List’s email address will be: TCSports@CYCLING.ORG. Feel free to subscribe and learn about CCCC weekly rides, trail projects, meetings, local events, and some local gossip about these sports. Just send an email to

majordomo@cyding.org and in the body of the message type:
subscribe“c-sports
yourname@your.com”

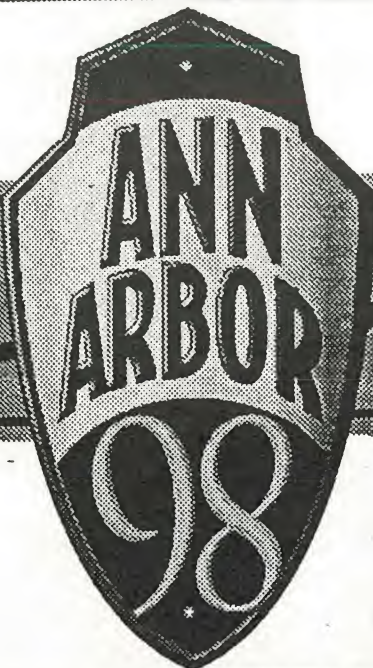
SO, it’s not really important whether you’ve got wood, aluminum, steel, or carbon fiber underneath your body.... just get out there and enjoy one of the world’s most beautiful areas. Info presented by Dennis Bean-Larson.

Southeast Chapter

See Events Calendar on pages 2, 22 and 23. Also check web site for more info (www.mmba.org)



Ann Arbor bike map/see story on page 10-11.



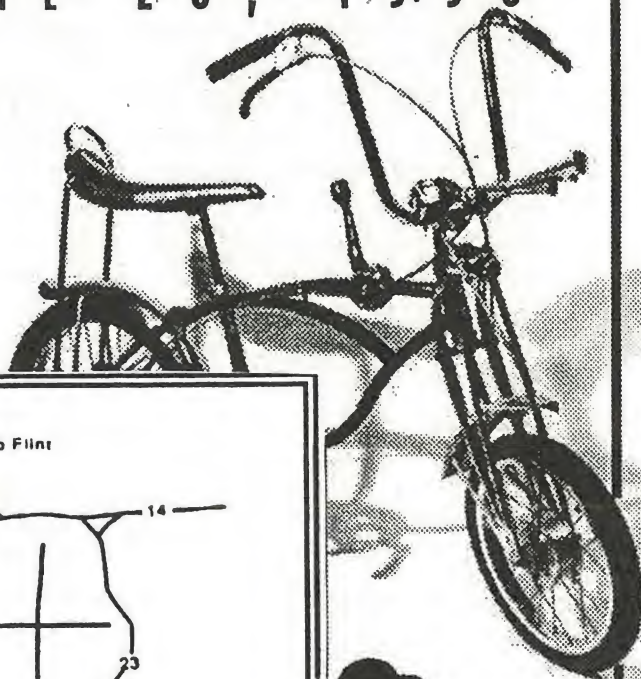
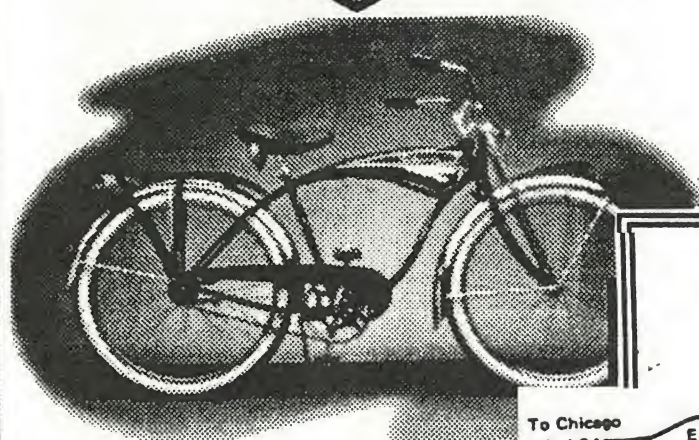
18 T H A N N U A L

Ann Arbor-Saline

CLASSIC BICYCLE SWAP MEET

M I C H I G A N

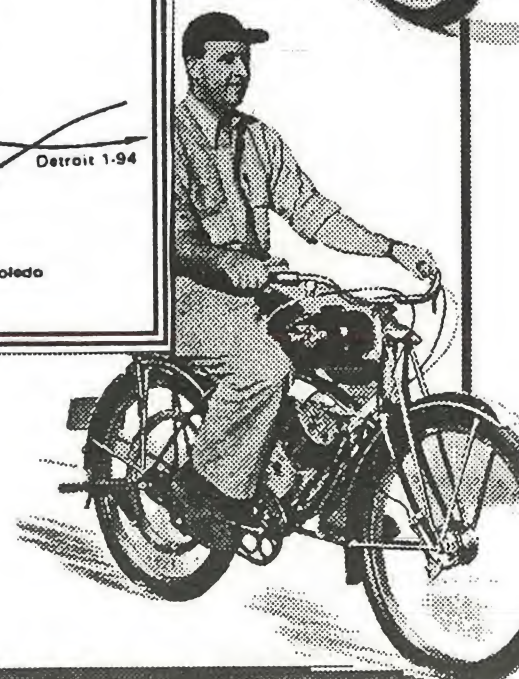
A P R I L 26, 1998



- Over 6,000 Bikes & Whizzers on Display Over 225 Vendors in 1997.
- Swap Spaces \$25/\$30 indoor, \$20.00 outdoor.
Pre-registration required.
- \$2.00 Admission
– Door prizes & free parking
- Vendor Set-up 7am-8am
– Gates open at 8am to the public
– Show until 3:00pm
- Classic Bicycle Auction at 11:30am

For more information call: Paul & Anne Kleppert (After 6pm)

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Supporters of the 1998 Annual Meeting!**
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Also Thank You:

Oakland County Parks and Recreation for the
use of the Springfield Oaks facility/
Clif Bar

Piranha Promotions

Tailwinds Promotion

Michigan Department of National Resources

League of Michigan Bicyclists

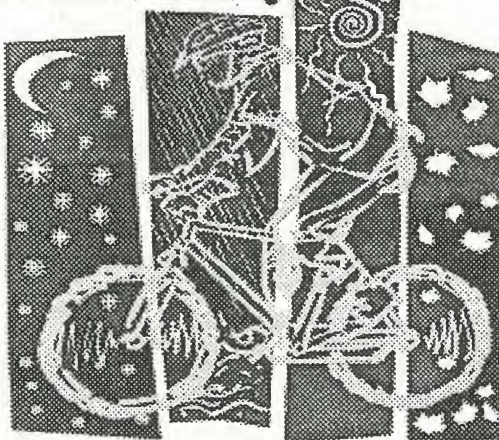
Holly Flint Chapter for hosting the meeting

Chapters who set up displays (Cool Booth Award
went to Pontiac Lake Chapter / Special thanks to
the Southeast

Chapter for the
cappuccino ma-
chine and bagels!)



1998 Annual Meeting



•It's coming! A new MMBA shirt for 1998. Dan Clark and Embroidery Works are currently finding a way cool, stand out in the crowd, non-gaudy, goes with everything (including beef and vegetarian dishes) kind of shirt. Look for it in the next issue of the Bent Rim Bugle or at selected MMBA events and shops / annual meeting T-shirt (above) also available, contact the MMBA for more info!!

"Every Damn thing is your own fault, if you're any good..." Ernest Hemingway



Please remember to
recycle...it's a part of
bicycling!

MMBA SHOP AND MANUFACTURER MEMBERS

IS YOUR SHOP HERE? THE SHOPS LISTED HERE CARE ABOUT WHERE YOU RIDE. DOES YOUR SHOP?



THANKS FOR YOUR SUPPORT!

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3-1998 member shop list
**members of the 10%
club see page 17....

THANK YOU VERY MUCH!

10% MEMBER CLUB BUSINESS

AS AN MMBA MEMBER YOU RECEIVED A LIST OF THE 10% MEMBERS WHEN YOU JOINED AND/OR WILL RENEW MEMBERSHIP THIS YEAR. IF YOUR SHOP/MANUFACTURER WOULD LIKE TO BECOME AN MMBA 10% MEMBER IN ADDITION TO BEING A PROUD SHOP/MANUFACTURER MEMBER OF THE MMBA JUST CALL 616-785-0120 FOR MORE INFORMATION.

A REMINDER TO ALL MMBA MEMBERS: ALL THE SHOPS/MANUFACTURERS ON THE LAST PAGE ARE SPECIAL. THEY SUPPORT YOUR EFFORTS ON THE TRAIL AND IN THE MMBA POINTS SERIES. THEY DESERVE YOUR PATRONAGE!!!!

WHY BUY and/or SERVICE YOUR BIKE AT YOUR LOCAL BIKE SHOPS?

We sell high quality bicycles in a wide range of models, prices and styles.

We'll ensure that the bike you purchase will fit properly.

We professionally assemble and inspect every bike before you take it home.

We provide service after the sale- from repairs to tune-ups to warranty issues.

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We offer a complete line of accessories and safety gear to fit your needs, no matter how exotic. If we don't have the part you're looking for, we'll find it for you!

We'll give you professional advice on the performance compatibility of all our products.

We can offer information on trails, bike routes and area clubs.

We ride what we sell so we really do know the products inside and out.

Add 10 points to your over-all cool mountain biker score if you go to an MMBA Member shop!

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Cascadia 616-285-1670

Attention all MMBA 10% Club bike shop participants please send me an updated business card size ad for inclusion in the next issue of the BRB. New ad submission deadline: MAY 1, 1998. Please don't delay!

Special thanks to ABC Printing 3001 E. Highland Dr. Highland MI 48356 Phone: 248-887-0010
Trek and Chicago Area Bike Dealers Association (CABDA) - 708-798-2004
THANKS FOR HELPING MAKING THIS YEARS 1998 MMBA ANNUAL MEETING THE BEST EVER!

MMBA To Begin Kids Program

by Jason Aric Jones

Mountain Kids is a youth recreation program designed to provide mountain biking day trips for at-risk inner-city children, ages 8 to 12. The trips will focus on providing a positive outdoor recreational experience in a "backcountry" setting for children who wouldn't normally have the opportunity to leave their urban environment to participate in such activities.

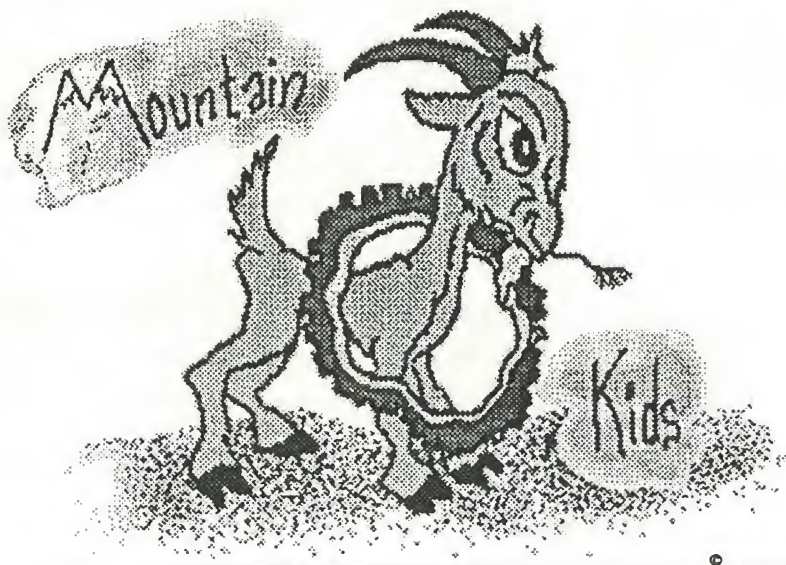
The program is structured as follows:

The **Mountain Kids** program has a traveling stable of 10 youth mountain bikes. **Mountain Kids** volunteer staff trailer the bikes to various event locations around the State of Michigan. Events are held on multiuse trail systems at various state forests and recreation areas. Such trail systems exist within an hour's drive of all Michigan's major urban areas such as

Detroit, Flint, Lansing and Grand Rapids. **Mountain Kids** utilizes some of the Michigan Mountain Biking Association's 1,500+ members in nine statewide chapters as volunteers to run each event. During each event, children are educated in everything from basic riding skills to an appreciation of the environment.

All events are held in conjunction with other professional organizations established to assist inner city youth. Events also include a light lunch and refreshments for the children.

The program is set to begin in late Spring 1998. Recreational Equipment Incorporated (REI), of Seattle, Washington has gratefully provided the MMBA with 10 Dirtrider kids' mountain bikes to use in the program. **Currently, the program still has some outstanding needs, including some bike accessories and VOLUNTEERS to assist with the program.** If you have ideas/proposals, can provide equipment, or can VOLUNTEER, please contact Jason Aric Jones, MMBA President, at 313-426-7581, or, xer68@aol.com. All corporate and dealer contributors will be recognized as full program sponsors! Interested in a **Mountain Kids** event? Also please call Jason at 313-426-7581 to get the number of the contact person in your area or stop by our web site at www.mmba.org and follow the link to **Mountain Kids**.



water crossing



beaver tales

**MMBA General
Events Calendar
Pages 22 and 23!**

Friends Of The Island

February 1998

Around 1990 the Trust For Public Lands acquired the Lake Superior gem known as Grand Island from Cleveland Cliffs Iron Co. Cliffs had owned the Island since 1901. The Island was then acquired by the U.S. Department of Agriculture as the Grand Island National Recreation Area. The Forest Service, which is responsible for the management of this National Recreation Area, developed a plan to bring the Island into greater public use while at the same time protecting its natural and cultural heritage.

For the past several years we have watched as the Forest Service struggled with their shrinking budget to do the necessary maintenance, to repair the equipment which is essential to operating the Grand Island National Recreation Area, as well as hire the summer interns to work on the island.

In an effort to assist in protecting and enhancing the Island's natural and cultural heritage we have formed the Friends of the Island Foundation. It will be a working foundation. It was not launched with a lump sum of money which would then be given to this cause. We will work on various projects to raise money annually. Our first contact was with the National Forest Foundation. This is a group also committed to helping supplement the U.S. Forest Services shrinking budgets. They have years of experience and knowledge which will be invaluable to us in accomplishing our objectives.

Our first goal is to raise \$10,000 through donations. This

will be matched by the National Forest Foundation. The Forest Service will then match this with \$20,000 from their own funds giving them the necessary \$40,000 to complete the restoration of the Old Beich House which is now in public ownership. This will allow the rental of this cottage to the public as well as make it available to the foundation to use in some of its future fund raising activities.

There are many other projects to be completed and funds needed for summer internships. We will continue each year to try to raise enough money through our fund raising activities to relieve some of the pressure so that the Forest Service can do what they do best, which is manage the Forests and National Recreation Areas.

Update!!

The attorney for the foundation confirmed today that all required filing and registration in Michigan for Friends Of The Island Foundation has been completed. We are now able to proceed with the first phase of our plan to raise the

money necessary for the completion of the restoration of the Old Beich House on Grand Island. This dwelling has been in public ownership for the past seven years. The restoration will allow for the rental of the cottage to the public, and for the foundation to use in its fund raising activities.

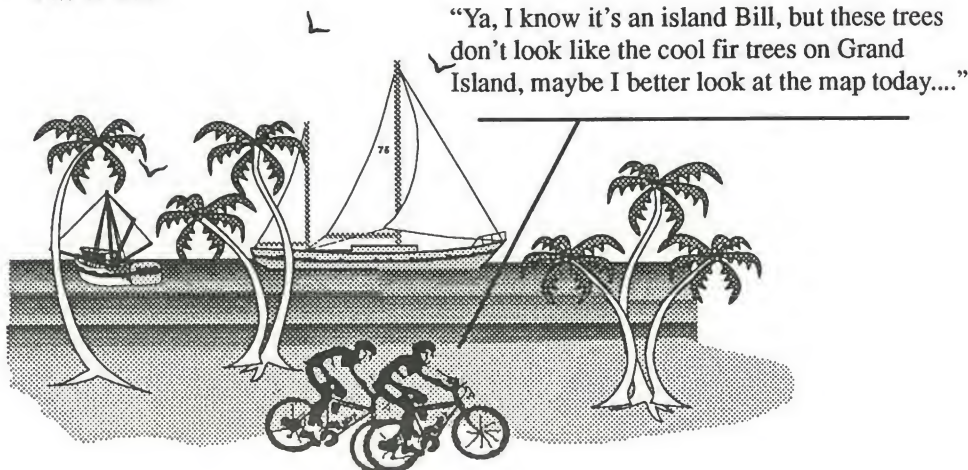
Here is an opportunity for you to donate one dollar and see it go to work as four dollars through this creative partnership arrangement.

Those interested in making a donation can send a check directly to: National Forest Foundation c/o Project 98CCS-0904, Swoger Cabin 1099 14th Street, NW, Suite 5600 W Washington, D C 20005-3419.

If anyone is interested in becoming a member of the National Forest Foundation please write to them at: National Forest Foundation Membership Services- Vanessa Kauffman 1099 14th Street, NW, Suite 5600 W Washington, DC 20005-3419 or call (202) 273-4754

Thank you for any contribution you are able to make.
Hobby Beich-
Foundation President

"Bill & Bob"

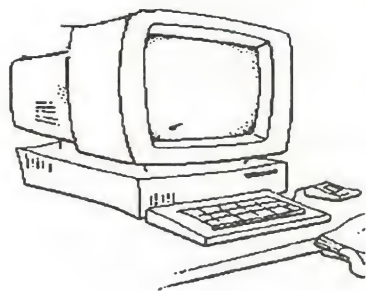


Off The Net

Here are some trail Stats that I have, based on the following equipment:

a) Total Vertical Feet gained by my AVOCET Vertech altimeter watch (cool gadget).

b) Trail length with my calibrated PolarXtrainerPlus



back for all trails (not from trail head signpost). Let's compare notes!

1) Highland: -A/B loop, 480 ft/lap, 9.7 miles -A/B/C loop, 720 ft/lap, 12.3 miles -A/B/C/D loop, 16.7 miles

2) Pontiac Lake Rec area: - Time trail loop, 450 ft/lap, 10.7 miles (includes .3m to parking lot)

3) Pickney Potowatomi trail: - Poto, 1230 ft/lap, 18.4 miles 4) Island lake, both loops together - sequence short/long, 190 ft/lap, 13.9 miles

Based on the above the stats (and my leg's confirmation) Poto is the most difficult with regard to

total climbing, but each trail has its unique points that stand out. Enjoy them all!!!

Any other MTB riders who has similiar stats, espically on the MMBA Point Series courses, I would be intrested in knowing and making a list. These are the stats I compiled from last year. I raced lots of races but only wrote down these:

I raced Mens Sport Class, 35-44, additional info from last year races:

Boyne 4/27/97, 3laps, total 2,130 ft vertical!! (forgot to record mileage)

Fort Custer 5/4/97, 2 1/2 laps, 18 miles, total 560 ft vertical

Addison Oaks, 5/18/97, 3 laps, total 520 ft vertical (felt like more due to mud.

Regards, Michael Rosinski VP
Pont Lake Chapter, MMBA

3) Pickney Potowatomi trail: -Poto, 1230 ft/lap, 18.4 miles 4) Island lake, both loops together - sequence short/long, 190 ft/lap, 13.9 miles

HRM/Cyclecomputer (measured actual wheel circum and entered exactly into cyclecomputer) Trail length is from parking lot and

National Trails Day Is June 6 1998 -

Your favorite trail has its day....!

American Hiking Society/
National Trails Day
National Trails Day '98 is set for June 6. Now is the time to start thinking about how your local trail group can contribute to this national effort to raise public awareness of trails. Hosting a National Trails Day event is a great way to bring attention to your local trail, raise funds for future trail projects, grow the grass roots constituency for your trail, and build partnerships with local businesses, agencies, and other organizations that last long after the event. Each National

Trails Day event also becomes part of a national effort to call attention to the value of trails. Planning an event takes hard work and dedication. But you won't be in it alone. In addition to trail partners in our community, American Hiking Society is here to help and is preparing an all new NTD organizer's manual to get you started.

Your local chapter president has information on NTD and is planning an event your area. Contact your local chapter today and see how you can fit in on June 6 this year. National Trails Day is

about the trails you enjoy. Share that joy on June 6. See page 28 for your local number.

Invite your lawmaker to your NTD event/

Write them a note and send a picture to show how it went, too!

Governor John Engler -

P.O. B. 30013, Lansing MI 48909
517.373.3400

U.S. Senator Carl Levin -

459 Russel Senate Office Building
Washington D.C. 20515
202.224.6221

U.S. Senator Spencer Abraham -

Dirksen Office Building,
Washington D.C. 20510
202.224.4822 / fax 202.224.8834

EMBRACE OLD MAN WINTER

BY DAN LAKATOS

Thanks to the MMBA server list I have been able to keep somewhat of an ear to the mountain bike scene in the Great Lake State. It sounds like El Nino has touched the Mitten with somewhat of a mild winter. Many seem to be rejoicing over the unseasonably warm temps and the lack of snow. I read that rides and maintenance days are organized throughout the region almost every weekend during this winter. A wonderful thing,? Hogwash! It's winter!

I don't care if you ride around the tight technical singletrack at Highland Rec. clockwise or counter clockwise, the fact is that it is winter and being so you shouldn't be able to ride at all. Winter! Time to take the bicycle trays off your sporty roof racks and affix the flying wings of the ski carrier. Time to unwrap those

Hogwash! It's Winter!

trendy new snowshoes you got for Christmas, slide the skis from behind the water heater in the basement, pull the dusty sleds and toboggan from the rafters in the garage, sharpen those rusty ice skates and air out the fermenting hockey bag in the closet. And when the final piece of winter sports gear is removed from storage, there should be more than enough space to bed down the Schwinn Homegrown for a month or two of hibernation.

This evening, I watched the light become soft and brush the Bridger Mountain range creating a

spectacular pinkish-purple alpine glow as the sun set over the snowcapped Tobacco Roots at the western end of the Gallatin Valley. As I basked in the beauty of God's light show, I thought of the many sunny summer rides on my mountain bike where I switchbacked my way to the ridge top through perfume filled fields of wild flowers and then glided along the babbling creeks full of runoff in old growth forests. In my mind's eye I can feel the frigid waters cool my sweaty bare legs as I rode through stream crossings and can taste the grit in my teeth during hairball descents on sketchy dried out trails. It's not but a few months off when the mountains will shed their heavy white coat and come alive revealing a brilliant green. Until that time, however, I will embrace Old Man Winter and whatever he has planned before making his migration to the Southern Hemisphere.

Last week I skied the lightest, driest and deepest powder in my entire 22 years on skis. It was an incredible sensation tunneling fully submerged down the mountain. Before skiing a line, I had to play a little game of concentration to remember where the trees were. Like an unassisted deep sea diver, I held my breath and dove into the depths of darkness. Inside my moving cocoon, my soul glowed as I could hear the muffled expressions from my partners as they floated unseen next to me. Adrenaline and life flowed like water. Not once did I think of my Stumpjumper at home bolted to my wind trainer. Keeping all things in balance, winter is a time

to let the saddle sores heal and opportunity to pursue other interests.

My heart goes out to all my friends and fellow winter sports enthusiasts who have had to endure such a pathetic snowless Michigan winter. I have found that after letting my scooter hibernate

I fall in love with turning the pedals over as if it were the first day my father removed my training wheels...

while I exhaust the life out of winter, I fall in love with fuming the pedals all over as if it were the first day my father removed my training wheels. Absence makes the heart grow fonder.

Want to make this season on your mountain bike the best ever? Keep your conditioning up by some other means. Find a new hobby, drink some good beer, read some inspiring books. Do what ever takes to find snow, if it means driving, flying, or hitchhiking West, do it. When you find your snow, play. And play hard. Play not as an adult, but with the wide eyed enthusiasm and innocence of a child. Embrace Old Man Winter! I wish you all the snowiest March and April on record in Michigan history.

Ski2B@aol.com

ed note: This page is presented for the benefit of those of you who may still be caught in the grip of that pesky El-Nino...if not ride today because soon it will be winter again!

EVERYTHING THAT'S GOING ON EVERYWHERE

HOLLY/FLINT EVENTS

May 3 9:00am	Adopt-A-Road Clean-Up Jeff Feldmeyer 248.666.2360
May 16 1:00-4:00pm	St. Jude Bike-A-Thon Indian Springs Randy and Charlene Estes 248.634.5820
June 6 9:30am	National Trails Day Holdridge Lakes Rick Jerrell 248.634.7691
July (tba)* time (tba)	Hot Air Balloonfest Seven Lakes Rick Jerrell 248.634.7691
July (tba) 9:00am	Adopt-A-Road Clean-Up Jeff Feldmeyer 248.666.2360
September 12 time (tba)	Carry Nation Back Road Bike Tour Fifth Annual Kirk Costello 248.634.4091
October 11 time (tba)	Fall Color Ride Rick Jerrell 248.634.7691

MID STATE EVENTS

April 11 1:00pm	Chapter Ride Heritage Park
April 25 time (tba)	Race Heritage Park
May 13 6:00pm	Chapter Ride Grand River Park
May 30 11:00am	Scavenger Hunt Ionia Recreation Area
June 6 10:00am	Chapter Ride Island Lake Recreation Area
July 5 1:00pm	Chapter Ride Heritage Park
August 9 6:00pm	Fun Days Heritage Park
August 26 6:00pm	Chapter Ride Rose Lake
September 5 noon	Chapter Ride Ft. Custer
September 19 6:00pm	Scrabble Scramble Island Lake
October 7 6:00pm	Chapter Ride Heritage Park
October 31 11:00am	Oktoberfest & Pumpkin Hunt Grand River Park

NORTHERN EVENTS

Due to the expanse of the Northern Chapter, events are scheduled regularly through local cycling clubs and bicycle shops. In Traverse City, call the Cherry Capital Cycling Club Hotline (616) 964-BIKE for weekly schedules of road and mountain bike rides. In Cadillac, check at McLain's for weekly mountain bike rides. In the Boyne/Petoskey/Harbor Springs area, check with High Gear Sports for weekly road and mountain bike events. Also check <http://remax-bayshore.com/mtn1.htm> and ask at the Traverse City sports list-serve....tc-sports@cycling.org. Look for a new site in May, tc-homes.com. Also watch for mailers with trail maintenance dates and rides all summer long.

SOUTHEAST EVENTS

March 24 7:00pm	Chapter Kickoff Annual Meeting Berkley Front
March 28 10:00am	Stony Creek Trail Maintenance meet at the trailhead
April 5 10:00am	Island Lake Trail Maintenance meet at trailhead parking lot
April 7 6:00pm	Chapter Board Meeting location (tba)
April 19 10:00am	Maybury Trail Maintenance meet at horse stable parking lot
May (tba)	Backroad Boogie annual fun ride at one of our trails
June 6 10:00am	National Trails Day - Bald Mountain meet at Harmon lot
June 16 6:00pm	Chapter Meeting and Ride meet at Maybury horse stable -Beck
June 20 8:00pm	Maybury Summer Solstice Night Ride meet at horse stable (Beck Road) July 7
	Chapter Meeting and Ride meet at Maybury horse stable - Beck
June 6 6:00pm	Chapter Meeting and Ride meet at Maybury horse stable - Beck
August 4 6:00pm	Chapter Meeting and Ride meet at Maybury horse stable - Beck
Sept 19 6:00pm	Maybury Equinox Night Ride meet at Maybury horse stable - Beck

EVERYTHING THAT'S GOING ON EVERYWHERE

NORTHEAST EVENTS

February 13, 1998

Meet with DNR officials in West Branch to discuss our chapter's involvement in trail maintenance issue at the Ogemaw Hills Pathway in West Branch and the use of DALMAC money to aid in this cause.

April, 1998

Trail dedication of new 3.5 mile single track at Pine Haven.

Future Plans:

- 🚲 Potential trail expansion to our existing 3.5m loop at Pine Haven.
 - 🚲 Potential trail maintenance activities at the Ogemaw Hills Pathway (i.e. installation of bridges to address MTB impact in sensitive wet land areas.)
 - 🚲 Potential new trail or existing trail maintenance activities at the Rifle River Recreation Area in Lupton.
 - 🚲 Other fun chapter activities yet to be planned.
-

PONTIAC LAKE EVENTS

Starting in April we have chapter rides each Thurs at 6:00pm. The third Thurs each month we will set up the tent at the trailhead & have refreshments, info and a meeting after the ride. Women's ride, third Monday @ 6:00pm.

May 16	Spring clean-up
June 13	Chapter pre-ride, bike demo, tent
12-3:00pm	meet at trailhead
July 11	Trail mowing and trim day
9:00am	meet at trailhead
July 25	Chapter pre-ride, tent
12-3:00pm	meet at trailhead
Sept 12	Chapter pre-ride, tent
12-3:00pm	meet at trailhead
October 3	Trail Maintenance
9:00am	dirt movin' day

SOUTHWEST EVENTS

May 3	The Fort Custer Stampede
	(616) 344-0124 for forms and info
August 28-30	dirtstock
	Fort Custer Recreation Area
Jan 1, 1999	Cathy's New Year Fun Ride
	The first 10:30 of the year
Any Thursday	MMBA Guided Tour
6:30pm	Fort Custer Trailhead

WESTERN EVENTS

May 10	Bass River Trail Maintenance
11:00am	
Cannonsburg Maintenance	
April 5, 11:00am / May 31, 11:00am / August 16, 11:00am	
April 25	Fort Custer Fun Ride & Tailgate Party
noon	meet in staging lot.
May 16-17	Owasippe Fun Ride & Tailgate Party
\$5-\$20	Ride and overnight stay in cabins
June 14	Hungerford Lakes Fun Ride & Tailgate
10:00am	meet at carpool at 10 Mile/131
July 19	Highland Recreation Area Fun Ride
9:00am	meet at Meijer 28th/I-96
August 8	Big M Ski Area Fun Ride & Tailgate
10:00am	meet at carpool at 10 Mile/131

*(tba)

to be announced

Times and dates of all events are subject to change. For more details, contact your local Chapter President.

POTAWATOMI EVENTS

Beginning April 23, we ride the Poto each Thurs when trail conditions are ready. We meet at the Silver Lake parking lot, with the exception of the last Thursday of each month when we meet at Brighton Rec Area in the Bishop Lake parking lot. We hit the trail at 6:30pm.

April 23	Start of Thursday night Poto rides
6:00pm	Silver Lake parking lot
May 9	Poto Trail Repair
10:00am	Pinckney Ranger Station
May 22 - 25	Memorial Day Chapter Trip
	North Country/VASA Trail Systems
	bike both trail systems and camp
May 27	Chapter Meeting
7:30pm	Old Town Bar (Liberty and Ashley)
June 6	National Trails Day - Poto Trail Repair
10:00am	Pinckney Ranger Station
June 21)	Triple Trail Challenge
(rain day 7/28)	Silver Lake parking lot
10:00am	ride 40m trails (Poto/ Waterloo)
July 29	Chapter Meeting
7:30pm	Old Town Bar
August 8	Poto Trail Repair
10:00am	Pinckney Ranger Station
Sept 12	Batman Night Ride
8:00pm	Crooked Lake Campground
Sept 30	Chapter Meeting
7:30pm	Old Town Bar
October 3	Batman Night Ride
8:00pm	Crooked Lake Campground
December 13	Abominable Snowman Ride
11:00am	Crooked Lake Campground

Instant Expertise

The IMBA Trail Care Crew had to drive 42,000 miles to absorb these insights. All you have to do is read this!

NEATNESS COUNTS

When the Riters started work on the Olympic course in Georgia, Mike would tamp his renovated sections a few times and then move onto the next spot. Jan would spend more time raking, shaping and tamping, making each section what Mike calls "baby-butt smooth". He got more done initially, but her trail lasted longer without touch-ups. Besides, says Jan, "I like a pretty trail".

CUT SLOPES, NOT WALLS

Whenever you dig, whether it's to widen a trail by removing backslope or forming a runout for water~reshape the earth in gentle slopes instead of right angles. Water rushes over harsh angles like a waterfall. Slopes move water slowly and, unlike bare angles, almost always revegetate within a season at the longest, a few weeks at the shortest.

NEVER CHANNEL WATER

Let it flow in wide sheets, which will move the water slower and cause much less damage than rushing water. Shape your run outs into wide flowing outlets instead of narrow trenches. Not only are these easier for users to negotiate without incident, but it also allows for longer periods between maintenance visits. Avoid using water bars, especially wood or rubber water bars. These by nature are short lived, channel water and can create a liability situation. We prefer to use the rolling grade dip. It is an erosion control device that will remove

large amounts of water from a trail without being obtrusive. It looks a lot like the side profile of a spoon, with the spoon part being at the entry point and is dug into the trail surface about 3" deep at the center and about 5' long. This leads to the transition to the handle which is built up about 6" high and becomes part of the handle or ramp which is about 8' long. Now when water flows down the trail or hillside it will flow into the "spoon" (which is open at least 3' wide on the down hill side) and slowly exit the wide drainage. Riders encountering the dip will only see a 6" high bump with a long ramp. The above dimensions apply to slopes up to 10% of grade. For every % of grade over that you will need to add 1" to the transition (hump) and 1" to the ramp. This will help deep the dip proportionate and keep it easy to negotiate.

LISTEN TO THE TRAIL

Mucky trails will sometimes gravitate to high grounds as users skirt the low-lying boggy part. If this happens, deliberately shift the trail by making the higher tread cleaner and blocking the messy section at the exit and entrance points.

DEBERM

If the outside edges of a tread have built up higher than the middle, resulting in a kind of sunken trail, tear down the berm on one side (rather than filling in the trail with the same loose material that moved out to create the berm in the first place). Instead of being shaped like a "U" the trail becomes a smooth downslope for constant drainage (2 to 3 degrees). One person can de berm a two-to-three foot section in about 20 minutes. "Most trails are never de bermed," says Mike,



"which is frustrating because de berming is the quickest, easiest, most significant thing you can do to preserve a trail."

KEEP THE TRAIL NARROW (A.K.A. KEEPING YOUR SINGLE TRACK SINGLE)

The best way to keep single track narrow, is find the line that everyone will ride. If a trail keeps getting wider, then that is an indication that there is something wrong with the alignment. If the trail turns too sharply coming off of a fast section then riders will widen the turn until they find a stable line. The same will happen in boggy areas, trails with too much camber, and extremely rooty sections. Putting logs or other barriers on the side of the trail only delays the inevitable. Find the right line first and avoid the problem.

AVOID FALL LINE CONSTRUCTION

(re)Route the trail to follow contour lines whenever possible. Fall-line routes preclude "outsloping" the trail to allow proper drainage. This leaves the water nowhere to go but straight down the trail (despite waterbars).

(Continued next page)

KEEP SLOPES SHALLOW

Avoid routes that exceed 15% of slope, over 10% becomes problematic and above 15% becomes a constant maintenance nightmare.

STEEPER CLIMBS

It is easier to maintain a steeper slope on a climb. Sliding does more damage than spinning out. A spin-out usually precludes walking the rest of the way up. When faced with the choice, choose the steeper routes for climbing.

AVOID ABRUPT TRANSITIONS

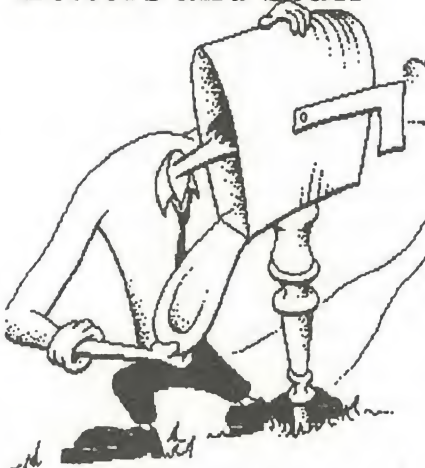
Make transitions, especially between fast sections and technical sections gradual. This will help prevent skidding and trail widening.

Riding from the Inside/Outside

By Terry T. Ritter

We live in a world of information. Computers, faxes, television (yes, even television has a good side), newspapers, magazines, periodicals, Readers Digest, friends, all provide a view to some aspect outside of ourselves. But, with this comes a problem, most notably what is relevant and what is applicable. When I discover something in my daily walk through the information era I often try to think if it applies to me, does the medium have my interests in mind, do the points they make mean anything to me? I think that most of us would say "No" to those questions for many things we encounter. Ah, but what of nutrition? Does not everyone eat? Do not most individuals want to improve their health through a very determining factor like diet? That leads us to the problem we

Letters and Stuff



Dear Michigan Mountain Biking Association,

What a pleasant surprise it was to receive that phone call last

Sunday night (after the 1998 MMBA Annual Meeting on Sunday, Feb. 1) to hear that I had won a new Trek Y-11.

I was even more surprised on Tuesday Night when I picked up the bike at Kirk Costello's. I thought it might be a 97 Y-11 and was surprised that it was a 98 Y-11. It is beautiful and the ride is great! I look forward to the trails this season. Thank you very much! Enclosed is a check for a family membership in your association.

Thanks again.

Sincerely Yours,
Robert Carvo

Thank you *TREK!*

TREK.



face, the questions I pose to the information era: Does most of the information that I encounter today apply to me? Hopefully, through reviewing the pitfalls of how the

...When I discover something in my daily walk through the information era I often try to think if it applies to me, does the medium have my interests in mind, do the points they make mean anything to me?

public is educated in an area like nutrition, we can answer this question.

Have you ever looked at an article or piece of news and, after absorbing the point of the topic, realized that it conflicted with something that you learned

not long ago? Or, even better, went against what was highly accepted or taught for decades. Trans-Fatty Acids is a great example. For many years the country we lived in promoted dairy products like real butter as a staple in the diet of a healthy person. Then, we found out about something called saturated fats and the picture changed. Soon after, the health community switched to the recommendation of using margarine (hydrogenated polyunsaturated oils) as a means to avoid the problems associated with butter. It was healthier. We all slept better for decades knowing we were doing our part. Well, a few years back as many may remember, they dropped the bomb on us. It was a smaller one, but one which spelled out that margarine may not be all it was cracked up to be due to the discovery of negative affects related to trans-fatty acids. This type of scenario left many confused, and many in the dairy community excited. But,

what is the real message? The point that the public should understand is that topics (any topic) receive attention from the media for reasons very far from those held by the scientific community studying a topic (like trans-fatty acids). Scientists (except maybe that guy trying to clone humans) are not out to sell newspapers or to get people to watch their newscast. They are there to discover. And no one knows better than science itself that there are severe limitations to taking any small group of studies (especially one) and drawing a large conclusion. But, this interest of the consumer is often lost in a quest to sell advertising slots and make money. The public is enamored with science. Throw that word (with an occasional "expert") into an article and you have instant credibility and instant confusion. In the end, we should all be cautious to jump on any passing band wagon. Though you may be led to believe it is headed in the direction you want to go, you can't even be sure anyone is driving.

This method of public education has a rippling affect that bombards us from another angle. Most of us have friends, after all, isn't that why we ride/race? And, as good friends do, we talk. We talk about family, shopping, schools systems, El Nino, and on occasion, about nutrition. Before I went to college I was into body building and the information pit that is the sport. Oh, I never messed with steroids, but where do you get good nutritional information? Fellow lifters? Hardly! One week I would hear this in the gym, the next week something else. And, often the proponents of a given point would dispel the scientific community as

"pencil necked geeks" if the data didn't support their cause. Now, most people don't talk of body building. The topic we most face today is weight loss. If I had a nickel for every time I heard about this diet or that diet I would be riding the sweetest custom frame you could imagine. This interaction with others adds to the confusion. To top it off, there is no criteria (at least credible) that prevents someone from gaining the benefits of calling themselves a "Nutritionist". I guess Wimpy of Popeye fame, with his promotion of burgers, could have done this to help his cause. We have to be careful of what we listen to in the world today. Hot topics like nutrition spur debates as well as the greedy looking to capitalize on interest and ignorance. Unfortunately, we are all guilty of being both of these at one time or another.

When I sat down to write this article, I began to realize what I had gotten my self into. So often my talks about nutrition were centered on the needs of the general and diverse public. I understand, in this example, that this is not the case. In this publication I would be catering to a group of specific individuals. People with needs directed at a certain segment or fact surrounding nutrition. Most notably, I imagined, how to improve performance while cycling or racing. But, then I thought that maybe there was another more general need. Could the average MMBA member have nutrition questions unrelated to areas of performance? This led me to think that it may not be best for one person (myself) to write the article, but to have those who the piece would serve decide what was best to put in it. So, the task is up to you the reader: Tell me what

you want answered; topics you want written about; nagging thoughts or misunderstandings that you have harbored in the area of nutrition. I'll do my best to guide you, as you will me, through the "information era".

Terry has a Masters of Science Degree from Michigan State University in Human Nutrition and Advanced Metabolism. Questions comments? e-mail: racerX7844@aol.com or through the mmba at: gommmba@aol.com Look for more info from Terry in the next BRB later this spring!

Health Tips From a Non -Expert (Personal thoughts on staying healthy...By Doni Fall)

How could I have been so stupid? Ever ask yourself that question? After working through seasons of injuries, I'm afraid I'm able to answer. Of course, that means admitting my own stupidity, which is no easy feat. The answer—I'm sort of an athlete. No, I'm not a professional, no I don't make millions or even hundreds for my athletic prowess, yet I readily "work" through the pain. Why? Because I'm tough, because I'm strong, because I'm (not so) young, because I'm stupid.

Our bodies are truly marvels. Doctors, scientists, philosophers and common folk worldwide (maybe even universally?) push, pull, prod and ponder in an effort to nail down just what makes us tick. Along the way, humankind has figured some things out. After spending WAY too much time on the injured/reserved list, I have too. These are pretty basic ideas, but knowing first-hand what blockheads "athletes" are, I thought I'd share some of my enlightenment.

(Continued next pg.)

RULE NUMBER ONE

Listen to your doctor. I take that back. **RULE NUMBER ONE — GO TO YOUR DOCTOR.** Is some part of you in pain? Is something affecting your athletic performance? Yes? Are you omnipotent, super-human, bionic? No? Then go to the doctor. Two hours of one day of your life to find out that, yeah, you broke a rib on that fall at Fort Custer. You **NEED** to rest.

RULE NUMBER TWO

Listen to your doctor (obviously). X-rays don't lie. Neither do MRI's, EMG's, etc.. Of course, they can (and will) be interpreted differently by different medical professionals, but the overall consensus will probably be something like, "Take a break. Let yourself heal a bit."

RULE NUMBER THREE

Listen to your friends/family. They know you pretty well. They recognize when you're pushing yourself too hard. They want you to enjoy and excel at your sport. They also want you **ALIVE, HEALTHY, HAPPY, PAIN FREE.** They are not blinded by your ambition. They appreciate and respect it, but it doesn't make them act "stupidly".

RULE NUMBER FOUR

If you're not going to listen to any of them, listen to your body. **PAIN**, contrary to the popular 80's cliché, has nothing to do with **GAIN**. Pain is **NOT** your friend. A healthy body can be pushed to very strenuous limits, not pain. Pain is, very simply, your body's way of telling you to "Knock It Off". The best that can happen when you "work" through the pain of an injury—you have really lousy workouts. The worst that can happen—you re-injure yourself, and, chances are, it's going to be worse the second time around. Trust me on this one.

RULE NUMBER FIVE

Relax. So you take a day off, a week off, a year off. Do something else. Something you don't usually have time for because you're too busy training. Go to the movies, travel around the country, visit friends, write a book, serve at a soup kitchen.

Those of you who know me are thinking, sure, Doni, we've seen you ride your bike with broken ribs, backpack with a fractured foot, portage a kayak with a herniated disk. Guess what? One trip to the neurosur-

geon was "all" it took for me to finally wise up. Hopefully it won't take you that long.

Yes, I will recover, and so will you now that we aren't forcing broken bodies to their limits. The road to recovery is a lot shorter when there aren't re-injury detours blocking the way. So, 20 pounds of traction three times a day, physical therapy four times a week, no running, roller-blading, ice-skating, skiing, snowboarding: neck brace all day - especially when driving and sleeping and cycling **ON THE TRAINER ONLY** and for a maximum of thirty minutes per day. Nope, that last skate at Baldy wasn't worth it. Neither was the quick run, nor the portaging, nor the backpacking. Ever going to compete again? You bet. This year? Don't count on it. (Luckily paddling happens to be very good for rebuilding my shoulder and neck strength so there is light at the end of the tunnel.)

Just a few words of wisdom from someone not so wise. Take care of yourself. Be well.

Advertisement Space in bent Rim Bugle

	MMBA Member*	Non-MMBA Member
Full Page:	\$150.00 (7"x 9")	\$300.00
Half Page:	\$ 75.00 (5"x 9")	\$200.00
1/4 Page:	\$ 50.00 (3.5"x 5")	\$175.00
Business Card:	\$ 25.00 (standard size) \$150.00	



The Bent Rim Bugle (BRB) publishes trail access information, MMBA Championship Points Series Information, general interest articles, official MMBA notices, pictures and/or artwork provided by MMBA members, MMBA Chapter Presidents, MMBA Officers, interested mountain bikers and/or public land managers. The BRB is published 4 times a year (roughly spring/summer/fall/winter) It is mailed to all MMBA members (over 1,500) and to land managers, park and recreation personnel, and interested officials, bike industry officials and others, totalling approximately 2,200 copies for distribution. It is also available for general sale at \$2.00 per copy.

Basic bike shop/manufacturer membership is the MMBA is \$110.00. In addition to receiving reduced ad rates in the BRB, as a MMBA member shop or manufacturer you will be listed in each of the 4 issues of the BRB. All new members receive a list of member shops and manufacturers, and the list is also posted at selected MMBA events and the MMBA annual meeting. As a business/industry member of the MMBA you will receive a window decal, and have the personal satisfaction of knowing that you have done something to help keep your customers out on the trail. For more information call: 616-785-0120. **CAMERA READY PRICES ONLY!!!!**

Stuff You Need To Know...

MMBA Addresses:

General Membership
4217 Highland Rd. #268
Waterford, MI 48328-2165

Bent Rim Bugle/Editorial

Executive Director's Office
P.O. Box 29 Belmont, MI 49306

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Bent Rim Bugle

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MMBA President:

Jason Aric Jones (313) 426-7581

CHAPTER PRESIDENTS/

MMBA BOARD OF TRUSTEES

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POTAWATOMI: Emil Sims (313) 663-3113

SOUTHEAST: Todd Scott-(248) 288-3753

PONTIAC LAKE: T & K. Collins (248) 682-6558

WESTERN MICH: Paul Smith (616) 866-8583

NORTHERN MICH: Dennis Bean-Larson

(616) 263-7383

HOLLY/FLINT: Kirk Costello (810) 634-4091

SOUTHWEST: Mike Needham (616) 731-4078

NORTHEAST: Contact Todd Dewell (517) 345-4523

UPPER PENINSULA: Don Watson (906) 482-3382

MMBA Championship

Points Series Chair:

Gordon Allen (616) 731-4844

MEMBERSHIP: Robin Scurr (248) 363-6089

COMPUTERS: <http://www.mmba.org>
gommmba@aol.com

Mid-MI/Gen., State-Wide Trail Info:

Dennis Hansen (517) 349-4683

WHAT THE MMBA NEEDS TO SERVE YOU BETTER:

Your help at the Chapter level. Call your
chapter president today and you can help
make mountain biking better for you and
everyone tomorrow!



Next Bent Rim Bugle

(BRB) Deadline is

May 1 (May/June Issue)

Classified ads in BRB Free to MMBA

Members: Send written info before
deadline to Executive Director. Ad rates
for member and non-member shops/
industry contact the Executive Director
616-785-0120/fax 616-785-1940
e-mail: gommmba@aol.com.

To Get:

- Advertising Rates for the BRB call 616.785.0120
- Ad space will soon be available for the MMBA web site
contact web master at the mmba web-site: www.mmba.org
- Write your representatives:
Governor John Engler
P.O. Box 30013, Lansing MI 48909
517.335.7858 to comment on issues.
U.S. Senator Carl Levin
459 Russell
Senate Office Building,
Washington DC 20515
202.224.6221
U.S. Spencer Abraham
110 Michigan Ave. NW Suite 716
Grand Rapids, MI 49503
616.456.2592



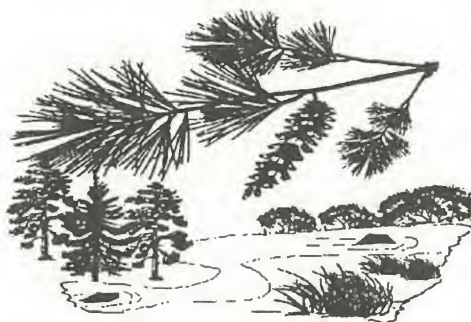
Achievements/Foundational History of the MMBA

- *Recent recipient of one of the Mt. Biking Hero
awards given by IMBA (Sept. 97)
- *One of two recipients of a Subaru Trails
Automobile (97)
- *Model Program Award (93)
- *MMBA Speaker Represented at IMBA's National
Mountain Bike Advocacy Summit in Arizona (95)
- *Recently MMBA invited to participate in the
IMBA Nat. Rec. & Access Summit (Nov. 97)
- *MMBA has received numerous recognitions in
National Publications as being a leading
advocacy group (1990-97)
- *Involved in Mountain Biking advocacy since
1989 (Executive Director since 1987)
- *MMBA Executive Director recently nominated to
the Mountain Biking Hall Of Fame (98)

RIDING BOTH SIDES OF THE FENCE

By Fred Tyszka

Spring is just around the corner or so the calendar shows, but in Michigan with El Nino this year, spring could be a cross-section, or a better term a sampling, of any possible weather combinations known to man. It is a good thing that volcanoes are not caused by weather (we hope), imagine waking up one morning to find one of those in your front yard. At least you would not have had to mow the lawn anymore (and have more time for Mountain biking unless your spouse wanted you to spend your time diverting the lava flow from the garden....). Spring does guarantee one type of weather and that is WET! Wet is important for our flora and fauna and not liked by our bikers. This excessive amount of wet or water is the basis for various types of "Homes" in the park area whether it is a lake, stream, river, pond, marsh or swale. Just as you mountain bikers have a preference on where to live as a condo, apartment, house or mobile home so do the various plants and animals. (A takeoff on a old joke could be applied here, what do you call a mountain biker without a boy/girl friend? Homeless.) One such environs (or home) that is common to the park area is a



marsh (or pond). The two dollar word for it is called Limnology - the study of inland waters and all the interrelated factors. The Marsh is very active during spring and summer but during fall and winter (just like the over 40 mountain bikers) it slows down to almost nothing. Marshes are usually a quiet body of water, so shallow that rooted plants can grow completely across it. It will have uniform water temperatures from top to bottom that is directly affected by air temperature, very little wave action and a bottom covered with mud (sort of resembles some of the mountain bikers that we retrieved out of the woods). Plants grow along its shore and the amounts of dissolved oxygen may vary greatly in a 24 hour period. Some of these marshes can be temporary or permanent. The properties of water are unique and because of this it creates mini-environments within the marsh. Water has a strong attraction to itself

so much so that its surface produces a tight film that animals can walk on (for those of you who have few dents on your helmets or for those of you who bike without a helmet we are not talking about the man animal, you will sink). Water as it gets to zero degrees Celsius, loses density so that it now will float upon itself as ice. Ice is a poor conductor and reduces heat loss from

below. Only very shallow ponds freeze solid. Water holds heat and absorbs and releases it slowly. It is also transparent to allow sunlight in for the plants. Few plants grow in a muddy pond because the silt absorbs light. There are four areas in a marsh for the plants and animals:

1. Surface film. This area supports the air breathing, floating animals and those with special devices for walking on the surface as, such as water scorpions, whirligig, beetles, duck weed etc. These feed on floating plants, one another, insects or animals that drown and float to the surface.

2. Open water. This ends where the plants start that are rooted. Large free swimming animals, fish and small microscopic plants and animals that drift suspended are located here. The drifters are called plankton - phyla plankton - usually algae and zoo plankton - small suspended animals as insect larva, crustaceans, etc.

(Continued next page)

Turtles, birds and fishes like this area.

3. Bottom. This offers a great variety of living conditions depending on depth from shore to the deepest area. Shallow sandy -sponges, snails, earthworms and insects. Quiet - usually covered with mud or silt. Crayfish and nymphs of dragon flies, damsel flies etc. Deep open - earthworms, small clams, fly larva and bacteria of decay.

4. Shallow. The Littoral habitat it is called, from the water edge to where the rooted plant growth ends. Three types:

A. Emergent Plant Zone - closest in: cattails, rushes,

sedges, frogs, birds, fish, insects, snails, etc.

B. Floating Leaf Plant Zone: water lilies and duck weeds, they often shade out the bottom so that no bottom plants are found. Snails, bugs as mayflies, algae and sunfish like this area.

C. Submersed Plant Zone - pond weeds, horn worts, waterweeds. There are usually long, sinuous or bushy and very branched. The flowers are pollinated above the surface but germinate and develop only underwater. The Marsh Food Web consists of the green plants manufacturing food, the plant eaters eating them, they

are then preyed upon by the flesh eaters - fish, dragon flies, beetles. The larger fish eat there and the bigger fish, king fishers, some ducks and osprey eat them and so on. What is not eaten dies and the plants use that for food and it starts all over again.

When you are biking by one of these marshes stop and sit still for 20 minutes and watch the marsh come to life. Throw a stone at a dragon fly, it will duck and then come back to investigate what it was. They are territorial and nosy. Also remember to stay off the trails when muddy in the spring - take a hike at that time.

Michigan Mountain Biking Association Treasurer's Report 1997

<u>Income</u>	<u>Gen.</u>	<u>BRB</u>	<u>Chapters</u>	<u>Points Series</u>	<u>Ex. Dir.</u>	<u>DirtStock</u>	<u>FAFL Don.</u>	<u>Total</u>
Membership: New	2,189	2,189	5,810		2,188			12,376
Renewal	5,537	5,537			11,073			22,147
Industry					7,096			7,096
Dir. Sol.					1,823			1,823
Points Series: Racer				3,288				3,288
Promoter				3,647				3,647
Sponsor				18,190				18,190
Dirtstock (DS)						6,050		6,050
First Across Finish Line (FAFL) Donation							10,000	10,000
Miscellaneous	1,980	125			3,734*			5,839
Total	9,706	7,851	5,510	25,125	25,914	6,050	10,000	90,456

*3,734 merchandise fund.

<u>Expense</u>								
Chapter Disbursements			5,810					5,810
Bent Rim Bugle (BRB)		8,807						8,807
Points Series				11,520				11,520
Postage	3,322							3,322
Printing & copies	4,972							4,972
Mileage	2,393							2,393
Phone	1,515							1,515
Meetings	777							777
Dues & Memberships	475							475
Office Supplies	2,433							2,433
Executive Director					27,359***			27,359
Dirtstock						5,294		5,294
First Across Line (FAFL)							3,500	3,500
Total	15,887	8,807	5,810	11,520	27,359	5,294	3,500	78,177
Account Resoulution	(6,181)	(956)	-0-	13,605	(1,445)	756	6,500	12,279
Starting Chbk. Bal.	837	1,189	-0-	11,533	(9,560)	-0-	-0-	3,999
Ending Chbk. Bal	(5,344)	233	-0-	25,138	(11,005)	756	6,500	16,278

(Questions/information please call the MMBA office at 616-785-0120 / ***2,567 merchandise fund)

1998 Michigan Mountain Biking Association Annual Meeting....

From Top To Bottom: A crowd of around 300 showed up for the days events / Holly/Flint Chapter members polish up the Subaru for the 1998 annual meeting event/ John Stamstad shares his adventures as perhaps the world's greatest ultra-endurance athlete with some of Michigan's best



THE CLASSIFIED SECTION

Buy It/Sell It/Trade It/Find It

1995 Trek 930, 96 Manitou EFC front shock, bag, bar-ends and waterbottle cage included. STX components, color/Blue. \$400 or best offer. Days call 457-2500/nights till 10:30 667-2342 ask for Matt.

For Trade: 18" Titanium Diamondback frame to trade for same but in 16" many free gucci parts. Call David 248-814-8211 (Lake Orion)

Cyclocross 50cm (52-54 road frame comparable) Miyata Alumicross (aluminum bonded frame). Shimano/Ritchey group, true x-specific geometry & drop bars/with bar ends. Like new. \$500.00 or best offer. Great late winter/early spring training bike! Anne 517-646-6986 (Mid-state area)

Trek Y-22/medium frame, LT/LX, Gore Cables, Grafton levers, Ringle post, Avid brakes/ \$900. Call Bob at: 248-391-6806 (Lake Orion)

racers and volunteers / Searchmont Resorts "The mountains of the Midwest" donated free mountain biking packages to chapter volunteers of the year and shared info on their resort at the annual meeting.

Denny's
CYCLING AND FITNESS

East Grand River, East Lansing
517-351-2000

West Saginaw, Lansing
517-321-6700



Central Park BICYCLES

Central Park Drive, Okemos
517-349-8880

RACE BIKES AT GREAT PRICES DENNY'S CENTRAL PARK RACING

Make	Model	Size/Color	Price \$/Sale
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Specialized

Rockhopper A1FS	15.5 white	649.99 / 599
Rockhopper A1FS	17.0 teal	649.99 / 599
Rockhopper A1FS	17.0 white	649.99 / 599
GroundControl 97	17.0 white	899.99 / 699
StumpJumper FS95	19.0 gold	1,179 / 699
StumpJumper 97	17.0 red	999.99 / 899
StumpJumper 97	18.0 blue	999.99 / 899
Stumpjumper 97	18.0 red	999.99 / 899
Stumpjumper 97	19.0 blue	999.99 / 899

Schwinn

S96.2 "96"	19.0 red	899.99 / 599
Moab 2 Aluminum97	17.0 buffed	829.99 / 699
S 96.1 "96"	19.0 buffed	1,099 / 799.99
Moab1 97	19.0 red/black	899.99 / 799
Moab 1 Aluminum97	19.0 black	999.99 / 899.99
S 20 97	17.0 red/black	1,099 / 999.99
XT Facotry HG Full Susp.96	19.0 polished	2,699 / 1,999

Pro Flex

656 96	18.0 red	1,299 / 499
856 95	18 titanium	1,899 / 699

Cannondale

Super V 700 97	LG organe	1,429 / 1,199
Super V 3000 96 (demo)	L blue	3,375 / 1,999
F700 97	LG blue	899.99/799.99

Trek

700SHX 97	16.5 blue	769.99 / 699
700SHX 97	18.0 blue	769.99 / 699
700SHX 97	19.5 blue	769.99 / 699
Y 5	Sm polish	1,349 / 1,199
9700SHX 96	18.0 fire red	1,599 / 1,099
Y 5 0 97 custom demo	Med blue	2,499 / 1,999
Y22 97	Med cream	2,299 / 1,799
Y33 95	Med blue	3,399 / 1,999
OCV Team 96 (demo)	18.0 nude	3,999 / 1,999

Voodoo

Erzulie STX Judy	18.0 organe	849.99 / 599
HooDoo LX Indy	19.5 blue	1,399 / 979.99
Bokor LX Indy SL	19.5 blue	1,474 / 999
WangaXT, LX Judy	18.5 red	1,624 / 1,199
Bizzango XT	18.5 orange	1,824 / 1,399
Canzo Alum LX	18.5 gray/blue	2,224 / 1,599

Call for availability, current sizes, location and/or other info.

Okemos 517-349-8880

East Lansing 517-351-2000

Lansing 517-321-6700

Quantities limited-prices subject to change

Don't forget to check out our MMBA supporting shops. They all have the best deals in bike and accessories and they are keeping the trail open for you. Some of our shop members offer a 10% discount and Great Lakes in Ann Arbor is offering 15% discount to MMBA members. Member discount or not your MMBA shops are shops that support your passion to ride. Support them!

Michigan Mountain Biking Association
4217 Highland Rd. #268
Waterford, MI 48328-2165

Address Correction Requested

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